



PRIVATE & CORPORATE EXPERIENCES

Whether it's your work team, your board, or a handful of dear friends who just want to move and breathe together — I'll shape a nurturing, connective experience around exactly what your people need right now.



Each experience is themed

Rather than a generic session, each experience is built around a theme that meets your group where they're at. We'll talk beforehand about what's going on for your people, and I'll weave that into contemplative meditation, breathwork, and movement in the body — each element working towards the same thread, so we can work towards some embodiment of the session's goals, whether that's connection, creativity, or a genuine refresh.

Some starting points, if it helps to have examples:

- **Inspiration** — for teams needing a spark, a reset before a big push, or a way to open up creative thinking
- **Connection** — for groups wanting to feel more attuned to each other, especially after a period of change or distance, or for dear friends who simply want to deepen the connection you already share
- **Celebration** — for marking a milestone, or simply celebrating for its own sake: hens parties, birthdays, graduations, retirements, anniversaries
- **End of Year** - give your team something to remember before the year wraps up — time to reflect, reconnect, and head into the break actually rested, not just off the clock
- **Pure rest** — for people who are burnt out and just need space to stop, breathe and recharge
- **Challenges** — if something is happening beneath the surface (a hard season, a transition, a loss), we can gently acknowledge and nurture
- **Favourites** — a theme can be centred around your favourite thing. E.g trees, butterflies, joy, art, a specific poet, favourite pose or even a quote or motto

You don't need to have the theme figured out — just tell me what's going on, and I'll take it from there.

YOUR GROUP EXPERIENCE ELEMENTS

I suggest weaving each of these elements into your experience. We can always leave out anything that doesn't resonate.

CONTEMPLATIVE MEDITATION

a guided meditation that gives your people a point of stillness to sit with whatever they're working through, and space to let a quieter, deeper part of the mind offer up its own answers



BREATHWORK

simple guided techniques to shift how the group feels together, gently guiding the energy in the room toward whatever's needed — uplifting or restful

PLAYFUL BEGINNER FRIENDLY FLOW

movement that opens up different parts of the body, bringing lightness and energy



RESTORATIVE YOGA

pure time to recharge, letting the thoughts of the day settle and float away

OPTIONAL ADD-ON: RECONNECTING WITH JOYS

— reflective activities to map your joys, in life and/or vocation, and work out what's holding you back. A beautiful addition for a creative reset or a more reflective private retreat.

Pricing

Duration	Up to 12 people	Up to 20 people
1 hour	\$400	\$550
2 hours	\$600	\$750
3 hours (half day)	\$750	\$900
Full day	\$1,200	\$1,350

The above pricing includes: facilitation and theming of the experience by Emily Cook, Yoga Instructor and Founder of Little Glimmer, the hire of North Fremantle Community Hall, all props laid out ready for you, and packed away afterwards.

Prefer me to come to you?

Add \$75 to any package above.

This includes up to 30 minutes travel, and the supply and set-up of all props in your chosen space (office, home, or other venue).

Space Needed, If Hosting At Your Own Location

- Up to 4 people: roughly 8 sqm — a large living area or boardroom, cleared of furniture
- Up to 8 people: roughly 16 sqm — an open office floor, cleared of furniture
- Up to 12 people: roughly 24 sqm
- Up to 20 people: roughly 40 sqm

Let's chat!

Get in touch via email or phone (contact details below) with your preferred date and time, group size, and what you're hoping the session brings to your people. I'll confirm availability (and the hall, if needed) and we'll take it from there.

[\(08\) 9430 5260](tel:0894305260)

info@littleglimmer.com.au

FAQs

Is this for us?

Does anyone need yoga experience?

No. Sessions are built for whoever's in the room, including complete beginners. Everything is offered with options, so people can go as deep or as gentle as feels right for them.

Which ages do you cater for?

All ages are welcome, except babies under 12 weeks.

Do you cater for disabilities or injuries?

Yes. I take your wellbeing seriously and will tailor the session to any restrictions or needs. Carers are welcome to attend at no extra cost, and I can offer chair yoga if needed.

Do you cater for pregnancy?

Yes. Just let me know how many weeks along you'll be at the time of the session so I can offer the right variations.

What to expect

What should people wear?

Comfortable clothes they can move in. No special yoga gear required.

Can we do a breathwork-only session, with no movement?

Yes — this is a lovely option for groups who'd rather not be in yoga clothes, or for a shorter, quieter session (a boardroom breathwork reset works particularly well).

Is food included?

Food isn't included, but I'm happy to recommend catering options.

Will we have enough space at our own location?

Up to 4 people: roughly 8 sqm — a large living area or boardroom, cleared of furniture

Up to 8 people: roughly 16 sqm — an open office floor, cleared of furniture

Up to 12 people: roughly 24 sqm

Up to 20 people: roughly 40 sqm — similar in size to North Fremantle Community Hall
works for everyone.

Booking

When are you available?

My usual availability for private and corporate experiences looks like this — though it's always worth checking your date with me first, in case it's already spoken for:

Monday: 12–7.30 pm

Tuesday: 12–7.30 pm

Thursday: 9 am–7.30 pm

Friday: 2–5 pm

Weekends: 10 am–6 pm

Sessions above are for your venue. If you'd prefer to use North Fremantle Community Hall, I'll confirm availability for your date once you get in touch.

How far in advance should we book?

The earlier the better, especially for half-day or full-day sessions, so there's time to talk through the theme properly and lock in a time that works for everyone.

How do we book?

Get in touch with your preferred date and time, group size, and what you're hoping the session brings to your people. I'll confirm availability, and we'll take it from there. Fill in the "I'd love to hear from you" form below.

Let's chat!

Get in touch via email or phone (contact details below) with your preferred date and time, group size, and what you're hoping the session brings to your people. I'll confirm availability (and the hall, if needed) and we'll take it from there.

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